



CITY OF SAINT PAUL
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2009
Capital City Football League
11U/12U/14U
Procedures/Guidelines

1. Age Guidelines

- A. Players age on November 15, 2009 determines the level of play
- B. 14U level: All 14 year olds must be in the 8th grade. **No 9th grade 14 year olds allowed** in the Capital City League.

2. 2009 Timeline

- A. Team Registration Deadline: Friday, August 14th.
- B. Preview Wednesday Sept. 2nd.
- C. League play begins Wednesday, September 9th.
- D. Team Playoff Registration deadline: Wednesday Sept. 30th
- E. Playoffs begin the week of Oct. 19th.

3. Weight Limits/Weigh-In process

11U/12U weight limits

- *11U – 120 lb limit for skilled player (players may move up one level, but not move down)
- *12U – 125 lb limit for skilled player (players may move up one level, but not move down)

14U weight limits

- * 150 lb limit for skilled players.

Weigh-In process

1. Players/Coaches must have proof of age (birth certificate, baptismal, green card, official letter from school) present at weigh-in. If a player does not have proof of age he/she will not be allowed to weigh-in or participate.
2. Coaches must have the following info for each player prior to weighing-in: Name, signature address, phone, proof of age, grade, school, and jersey number.
3. A picture will be taken of each individual at weigh-ins.
4. **Team weigh-ins** will be conducted Aug. 24 – Sept. 1 with respective Sports Specialists. **Individual/Late Weigh In date:** Sat. Sept. 12th (7:30am-12:00pm) at the Municipal Athletic office 1500 Rice Street.
5. Players will not be allowed to move from one team to another after Sat. Sept. 12th.
6. Rosters frozen as of 12:00pm Saturday, Sept. 12th. (No new players)
7. Coaches must have completed rosters and birth certificates prior to weigh-ins.
8. Players may only weigh-in one time, no exceptions!



CAPRA Accreditation

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National Gold Medal Award

4. Coaching Certification

- A. St. Paul Parks and Recreation will provide certification process, and will monitor/keep records.
- B. All coaches must become certified prior to the season, or when clinics are offered.
- C. Check with your local recreation center for the coaching certification dates and times.

5. Officials

- A. Employed by St. Paul Municipal Athletics.
- B. Training provided by St. Paul Municipal Athletics
- C. Three person crews
- D. 12U \$38 per official
- E. 14U \$40 per official

6. Administration of League

- A. St. Paul Municipal Athletics
- B. No roster limits
- C. Maximum of 5 coaches on the sideline.
- D. Teams and spectators on opposite sides of the field, unless otherwise noted.
- E. Team areas will be marked (between the 20 and 45 yard lines respectively)

7. Residency

- A. St. Paul residents
 - * May play anywhere in St. Paul
- B. Non-St. Paul residents
 - * Must attend school in St. Paul (or St. Paul affiliated school)
- C. A team intact from outside of St. Paul (i.e. St. Paul Park) may participate if approved by SPPR.

8. Illegal players

- A. If a player is found to be illegal, that player forfeits his/her right to play the remainder of the current season. In addition, the team found to have an illegal player will forfeit all games that the illegal player participated in.

9. Boundaries

Open enrollment within the city limits.

10. Participation

Please refer to St. Paul Parks and Recreation's Minimum Playing Requirements.

11. Rosters

Rosters must be turned in electronically

* These guidelines/procedures were developed by Capital City League coaches, the SPPR Athletic Committee, and St. Paul Municipal Athletics.